

Take ACTION Anxiety Program

An evidence based child anxiety treatment program



We are currently
recruiting for our
2024 group
program

Who is the program for?

The Take ACTION Program is designed for children aged 5 years and older who are experiencing high levels of anxiety. Common forms of anxiety targeted by the program include separation anxiety, social anxiety, specific fears and phobias and generalised anxiety. The group will consist of approximately eight children with two to three facilitators assisting with delivering the program.

About the Group Program

This childhood anxiety group treatment program will be facilitated by clinical psychologists Dr Louise Ford and Amy Lynch and psychologist Mia Smyrell.

The Take ACTION Program utilises cognitive behaviour therapy strategies to assist children to better manage their anxiety whilst equipping parents with the information and strategies they need to support their child to face their fears. Children and parents will learn about the ACTION acronym to take ACTION against their anxiety.

Based on well-researched cognitive behaviour strategies, hundreds of children have completed the Take ACTION Program since 2004 with results indicating some 60–80% of children are anxiety disorder diagnosis free at the end of treatment.

Parents and children will be provided with their own workbooks to work through during the group ensuring they have a tangible record of the work that they have completed over the course of the program.

Sign up

Please speak with your current clinician, the receptionist at Brighter Futures, use the contact us form on our website or call 3843 5739 to register for this group.

Dates & Times

This group program consists of 8 weekly child sessions and 4 fortnightly parent sessions conducted at our Bulimba clinic. Each session is 1 hour in length.

Fortnightly Parent Only Sessions:

Four sessions spaced at two weekly intervals. Thursday evenings at 7:30–8:30pm. Dates to be advised.

Weekly Child Sessions:

Eight weekly sessions. Saturday mornings at 9–10am. Dates to be advised.



Costs

- Costs \$1560 for the 12 session program (8 child and 4 parent sessions) which equates to \$130 per session.
- Children will require an initial 1.5 hour appointment at our Mt Gravatt East clinic with one of the group facilitators prior to group's commencement at a cost of \$220.
- Please note the cost of the group is \$1560 irrespective of whether you or your child attend every session.
- Payment can be made up front or in four instalments of \$390 across the group.